

# Standardized Recipe Form

Recipe Name Sweet Potato Bars Category dessert Recipe # \_\_\_\_\_

(i.e., entrée, breads)

Process 2 (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

<b>Ingredients</b> * Indicates a commodity item (Local) Indicates a local item	Servings		<b>Directions:</b> Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Sugar, granulated Flour, all purpose Vegetable oil Margarine, regular Baking powder Milk, nonfat Baking soda Cinnamon, ground Salt Ginger, ground Egg, mix dried Water, cold Sweet potato, canned mashed	1 qt + ¼ cup 1 qt + ¼ cup 1 1/3 cup + 1 ½ Tbsp 2/3 cup + 2 ¼ tsp 1 Tbsp + 1 ¼ tsp 1 1/8 cup + ¼ tsp 1 3/8 tsp 2 1/8 tsp 1 ¾ tsp 3/8 tsp 1 ¾ + 2 ½ Tbsp 1 ¾ + 2 ½ Tbsp ¾ #10 can	2 qt + ½ cup 2 qt + ½ cup 2 ¾ cup + 1 ½ Tbsp 1 1/3 cup + 1 ½ Tbsp 2 Tbsp + 2 ½ tsp 2 ¼ cup + 1 tsp 2 7/8 tsp 1 Tbsp + 1 ¼ tsp 1 Tbsp + ½ tsp ¾ tsp 3 ¾ cup + 1 Tbsp 3 ¾ cup + 1 Tbsp 1 ½ #10 can	Mash sweet potatoes. Mix all other ingredients well and add mashed sweet potatoes. Put in 6 - 2" pans that have been greased and floured. Bake in 325° convection oven for 40 to 45 minutes. Frost with a powdered sugar glaze or a dusting of powdered sugar.  ◇Pumpkin can be substituted for the sweet potatoes. Both pumpkin or sweet potatoes could be purchased locally.

Serving Size 2" x 2" square Pan Size 16" x 24" & 2" deep

Yield \_\_\_\_\_ Number of Pans \_\_\_\_\_

**Meal Pattern (Based on Serving Size):** \_\_\_\_\_

\_\_\_\_\_ Meat/Meat Alternative

\_\_\_\_\_ Fruit/Vegetable

1 \_\_\_\_\_ Grains/Breads

**Oven Temperature & Baking Time:**

	Temperature	Minutes
Conventional	<u>350</u>	<u>40-45</u>
Convection	<u>325</u>	<u>40-45</u>

If available, **Nutrition Analysis:** **Serving Size:** \_\_\_\_\_

<u>254</u> Calories	<u>1.65</u> Saturated Fat (g)	<u>2.7</u> Vitamin C (mg)
<u>3.83</u> Protein (g)	<u>262</u> Sodium (mg)	<u>4011</u> Vitamin A (IU)
<u>10.3</u> Total Fat (g)	<u>1.10</u> Fiber (g)	<u>67.7</u> Calcium (mg)
<u>36.7</u> % Calories from Total Fat	<u>1.31</u> Iron (mg)	

This recipe is from Barb DeZort, Cut Bank Public Schools, Cut Bank, Montana.